

Post Partum Depression



Having a newborn infant brings about rapid change to the life of new parents. New mothers experience a variety of changes, both physically and emotionally, that may affect their daily coping ability. Some of these emotional changes, known as baby blues, are normal and resolve within a week. It is concerning when women continue beyond the first week with feelings of disparity. This is known as post partum depression. Contact your Healthcare Provider, or go to the Women's Health Center or Emergency Room, if you feel that you continue to feel tired, depressed, or anxious.

Diagnosis	Rates	Time Span	Symptoms	Reasons
Baby Blues	50%-70% very common	Can start around the 2 nd to 4 th day postpartum and can last a few hours to 2 weeks	<ul style="list-style-type: none">•Weeping•Depression•Mood swings•Forgetfulness•Negative feelings toward the infant	<ul style="list-style-type: none">•Rapid hormonal changes•Lack of sleep•Less effective sleep
Post Partum Depression	8% to 20% somewhat common	Anytime after delivery up to 1 year postpartum	<ul style="list-style-type: none">•Weight loss•Sleeplessness•Anxiety•Depression•Feeling tired•Suicidal feelings•Negative feelings toward the infant	<ul style="list-style-type: none">•Hormonal changes•Family history•Prior history
Post Partum Psychosis	0.1% very rare	Anytime after delivery	<ul style="list-style-type: none">•Symptoms of baby blues•Symptoms of post partum depression•Confusion•Disorientation•Suicidal thoughts and attempts•Thoughts or attempts to harm infant	<ul style="list-style-type: none">•Prior history•Family history

Facts concerning baby blues, post partum depression, and post partum psychosis

It is important to tell your Healthcare Provider if you have ever been diagnosed with depression, post partum depression, or a psychological disorder.